

Branch Living

Farmers Branch Parks and Recreation Department

Summer 2016

June•July•August



FARMERS
BRANCH

Welcome



The Parks and Recreation Department has a summer full of family fun planned!

We have lots of great activities for children and teens this season, including Summer Funshine, Teen Leadership Program, Teen Police and Teen Fire Academies, gymnastics, sports camps, and more!

Our Independence Day Celebration is set for Sunday, July 3. The event begins at 6:30 pm and features festival-style foods, live music, a KidZone, and an amazing low-level fireworks show. Visit fbspecialevents.com for more information.

Join us this summer at the Aquatics Center. The Margaret Young Natatorium is a year-round aquatics facility for swimmers of all ages and abilities. The Frog Pond is an exciting family-oriented outdoor Aquatics Center. The Frog Pond is open May 28 through Labor Day (following the Carrollton-Farmers Branch ISD schedule).

We look forward to seeing you and your family at our parks, facilities, and special events this summer.



Jeff Harting
Parks and Recreation Director

MANSKE LIBRARY SUMMER READING CLUB

Saturday, June 4 – Friday, July 29

"Exercise Your Mind" this summer whether you are kid or a "kid at heart." Summer Reading is for all ages! Start earning prizes and gift cards by filling out your reading log. Past prizes have included Dallas Zoo and Dallas Stars Tickets, YMCA memberships, Target Gift Cards, Lego Land Passes, Free Books, Kids Meals, and more! Also enjoy multiple events, performances and movie times. Sign-ups at the library begin Saturday, June 4, 10 am -12 pm, during our Kick-Off event!

Visit farmersbranchtx.gov for a listing of all events and programs listed throughout the summer months.

TEENS: THE LIBRARY NEEDS YOU!

Need service volunteer hours? Find out how you can help with programs, events, crafts, shelving, and more. Earn 12 volunteer hours for additional rewards and recognition.

ROTARY ALL-INCLUSIVE PLAYGROUND

AT GUSSIE FIELD WATTERWORTH PARK

LOCATED NEXT TO CITY HALL AT
2610 VALLEY VIEW LANE



The Carrollton Farmers Branch Rotary Club, the Farmers Branch Rotary Club, and the City of Farmers Branch teamed up to build a beautiful new all-inclusive playground where children of all abilities are able to play. The playground is located along Rawhide Creek among its beautiful trees and paved walking trails. The park also includes amenities such as a large covered pavilion, restrooms and water fountains, making it an ideal location for this all-inclusive playground.



Our Mission at the City of Farmers Branch is to build a vibrant, dynamic community that consistently seeks to improve the quality of life for our residents.

Special Events



TASTES & TUNES

The Grove @ Mustang Crossing – near the Farmers Branch Dart Station
Free Admission

Thursday, May 19, 2016 from 6-9 pm

Band: All Funk Radio Show – Motown and Funk

Thursday, June 16, 2016 from 6-9 pm

Band: Hard Nights Day – Beatles Tribute Band

Thursday, July 21, 2016 from 6-9 pm

Band: Lone Star Attitude – Sounds of Texas

Enjoy an evening under the trees at Tastes & Tunes! We will have a live band, a variety of food trucks, wine/craft beer, and plenty of fun for the whole family! Limited seating is available so lawn chairs and blankets are encouraged. Outside food and drink is allowed, please do not bring anything in glass containers or any alcohol products. For a list of food trucks, please visit fbspecialevents.com.



**FARMERS
— BRANCH —
MARKET**

FARMERS BRANCH MARKET

The Grove @ Mustang Crossing – near the Farmers Branch Dart Station
Saturdays 8 am-Noon through October 29

Come visit the Market! The Farmers Branch Market supports local vendors that want to share their passion and products with our community. We will have a wide array of vendors offering seasonal favorites including produce, meat, specialty foods and arts & crafts. Bring your shopping bags and load up on the freshest ingredients in Farmers Branch. There will also be fun events and educational opportunities throughout the season. Check farmersbranchmarket.com for more information and to find your favorite vendors. Parking is located at the Farmers Branch Dart Station, 12800 Denton Drive.



INDEPENDENCE DAY CELEBRATION

Sunday, July 3

Gates open at 6:30 pm

Farmers Branch Historical Park

Free Admission

Celebrate Red, White and Blue at the annual Independence Day Celebration. This year will feature live music by Inside Out Band, a pie-eating contest, your favorite festival treats sold by concessionaires, a spectacular low-level fireworks finale and tons of activities in the KidZone. Visit fbspecialevents.com for additional details. Parking is located at Metro Square Business Park, 12300 Ford Road. Free shuttles to and from parking and entrance will be provided.

Memberships, Passes, and Fees

FARMERS BRANCH Community Recreation Center

RESIDENT BASIC MEMBERSHIP

\$10 per individual/annual

\$30 per family/annual

RESIDENT FITNESS MEMBERSHIP

\$15 per individual/recurring monthly draft*

\$30 per family/recurring monthly draft*

CORPORATE BASIC MEMBERSHIP

Must work in Farmers Branch

\$25 per individual/annual

\$40 per family/annual

CORPORATE FITNESS MEMBERSHIP

Must work in Farmers Branch

\$20.45 per individual/recurring monthly draft*

\$34 per family/recurring monthly draft*

NON-RESIDENT BASIC MEMBERSHIP

\$30 per individual/annual

\$45 per family/annual

NON-RESIDENT FITNESS MEMBERSHIPS

\$22.50 per individual/recurring monthly draft*

\$37.92 per family/recurring monthly draft*

BASIC MEMBERSHIP includes access to the indoor walking/running track, basketball courts. Age restrictions apply.

FITNESS MEMBERSHIP includes the basic membership amenities, access to the fitness equipment, and flex fitness classes. Age restrictions apply.

FARMERS BRANCH Aquatics Center

MARGARET YOUNG NATATORIUM

RESIDENT DAILY FEES

Free 2 years and under

\$3 per resident 3 years and up

NON-RESIDENT DAILY FEES

Free 2 years and under

\$5 per non-resident 3 years and up

RESIDENT MEMBERSHIPS

\$7.50 per individual/recurring monthly draft*

\$15 per family/recurring monthly draft*

\$50 per individual Senior (50+)/annual

NON-RESIDENT MEMBERSHIPS

\$10 per individual/recurring monthly draft*

\$20 per family/recurring monthly draft*

Ask staff about Aquatics and Community Recreation Center combination memberships for residents.

FROG POND

The Frog Pond will open May 28 for the 2016 season. Season passes now available for residents and non-residents. See page 17 for details.

FARMERS BRANCH Senior Center

There is no membership fee. Facility users are required to complete a liability waiver and update contact information annually. Some programs, classes, and events require payment. Individuals 50 years and over are eligible to utilize the facility and participate in programs and classes.

*Credit/debit cards or bank draft only. The prorated first month fee is due when registering. May also pay in full annually.

Aquatics family memberships are valid for up to four immediate family members, each additional family member is \$10 for residents and \$15 for non-residents. Immediate family members are defined as adult couples and their dependent children under 18 years of age; exception for full-time college students up to and including 22 years of age. Residency is based on the address listed on a Texas State issued ID or Drivers License.

Community Recreation Center

972.247.4607

Class Registration

Youth class registration begins May 2 for June, July, and August for residents and members. Non-residents that are non-members may register for classes one week prior to the start of each session.

Adult class registration begins May 2 for June, July, and August for all patrons.

SilverSneakers

The Parks and Recreation Department is proud to announce that the Community Recreation Center and Aquatics Center are now participating SilverSneakers facilities! If you're wondering what that means and how you may benefit from SilverSneakers, read the FAQs below.



What is SilverSneakers?

The SilverSneakers Fitness® program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

What do SilverSneakers Members receive at the Farmers Branch Community Recreation Center and Aquatics Center?

SilverSneakers Members receive a free annual fitness membership to the Recreation Center and free access to the Center's Flex Fitness classes. SilverSneakers Members also receive a free annual membership to the Margaret Young Natatorium. For more information, please call 972.247.4607 or 972.919.8720.

Does my health plan offer SilverSneakers?

Many leading health plans offer SilverSneakers to their members. To determine if your plan has SilverSneakers or if you need additional info about SilverSneakers, please visit www.silversneakers.com or call 1.866.584.7389.

Class Fees and Dates

All class fees are based on a four week session per month unless otherwise noted. Classes affected by holidays and other conflicts may be prorated. See instructor or a front desk staff member for details.

The Recreation Center accepts cash, checks, Diner's Club, Discover, Mastercard, Visa, and Farmers Branch Community Recreation Center gift certificates as forms of payment.

Class Policies

Only registered participants may enter the activity area. Pre-registration is required for all classes. The enrollment minimum must be met for a class to make. Refunds are available only before a class has started and with approval. To request a refund, contact 972.247.4607. A credit may be issued in place of a refund.

Financial Assistance

Financial assistance is available to qualifying Farmers Branch residents. See staff for information on how to qualify. A maximum of \$100 per child (up to age 18), per fiscal year (October-September) may be received. Financial assistance is limited to one class per session, per child. Payment of 50 percent of class fee is due at time of registration. Ask about financial assistance for supplies as well!

Thai Massage

Thai massage is different from the traditional deep tissue massage in that it's performed without the use of oils and clients are comfortably dressed (typically in athletic shorts and a t-shirt). Thai massage incorporates the use of hands, thumbs, elbows, forearms, knees, and feet to manipulate various body zones with acupressure, deep muscle compression, yoga, stretching, joint mobilization, and reflexology. Reported benefits of Thai Massage include improved circulation, flexibility and muscle tone, tension relief, and aiding the body's detoxification process. Fees for a 30-minute sessions are \$40 members/\$44 non-members. 60-minute session are \$75 members/\$79 non-members. Call the Community Recreation Center for more information or to schedule your appointment.

Community Recreation Center

972.247.4607

Summer Funshine

Summer Funshine is a recreational day camp program for children 6-12 (as of June 3, 2016). The program meets June 3-August 19 at the Farmers Branch Community Recreation Center Monday through Friday from 7:30 am to 6 pm. Activities include field trips, swimming, character development, community service, arts and crafts, educational classes, fitness programs, reading time, and much more. Free breakfast and lunch provided most days through the C-FBISD's Summer Food Service Program. Contact 972.247.4607 for more information and to check availability.

Teen Leadership Program

Teen Leadership is a community service and leadership based program for Farmers Branch teens ages 13-15. The program meets at the Farmers Branch Community Recreation Center Monday through Friday from 7:30 am to 6 pm from June 6-August 19. Fees are \$15/week. Activities include a variety of off-site projects such as assisting at the Animal Adoption Center, various beautification projects at Farmers Branch parks, volunteering with the Summer Funshine Program, and an end of summer lock-in for those who qualify. Additional fees for Friday field trips may be required. Participants must be in good standing and demonstrate maturity, responsibility, and willingness to assist with hands-on projects.

Teen Police Academy

July 11-15
9 am - 4 pm

Ages 13-18
\$50 Resident
\$65 Non-resident

Activities include hands-on training, classroom instruction, and off-site trips. Topics include criminal investigations, crime scene searches, crime prevention, gangs, traffic stops, and much more. Registration is limited to 20 participants

Teen Fire & Rescue Academy

August 1-5
9 am - 4 pm

Ages 13-18
\$50 Resident
\$65 Non-resident

Teen Fire & Rescue features hands-on-training, challenges, and drills including fire ground operations, search and rescue, basic CPR, arson investigation, and other related topics. Tours include various fire training facilities. Registration is limited to 12 participants.



We invite your family and friends to come out and enjoy classic carnival games, concessions, and raffle prizes on August 19 from 2-4 pm at the Farmers Branch Community Recreation Center.

Community Recreation Center

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Gymnastics

Participants will experience the fun-filled world of gymnastics and develop the fundamentals of gymnastics on the balance beam, bars, floor, trampoline, and Tumble-Trak. Gymnasts will work their way up through the levels in a non-competitive learning environment.

Gayle Shank's classes are taught by qualified instructors under her supervision to help provide the best possible recreational gymnastics experience for your child. All classes are held in the Recreational Gymnastics Gym and children must be registered before entering the gymnasium. Space is limited. Please pre-register for classes. All children must be enrolled to attend. A child may have one make-up class due to illness, per session. Students wanting to take a trial class must make an appointment with the instructor prior to attending class and must be accompanied by a parent. Please wear long hair in a ponytail, no jewelry, no jeans/clothing with snaps, and no gum. A leotard is the preferred attire.

YOUTH

REGISTRATION DATES		
SESSION	CLASS DATES	NON-RESIDENTS REGISTRATION
Session 1	June 14-23	May 16
Session 2	July 12-21	June 27
Session 3	August 2-11	July 18
Residents & members can register beginning May 2 for all sessions		

CLASS NAME	DAY	TIME	AGE	MEMBER	NON-MEMBER
Kindergym	T/Th	11:15-12:00 pm	4-6	\$24	\$28
	T/Th	5:00-5:45 pm	4-6	\$24	\$28
Level 1	T/Th	4:30-5:30 pm	5-16	\$28	\$32
Level 2-3	T/Th	4:00-5:00 pm	5-16	\$28	\$32
Level 4-5	T/Th	6:15-7:15 pm	5-16	\$28	\$32
Level 5-6	T/Th	6:30-7:30 pm	5-16	\$28	\$32
PS Level 1	T/Th	9:15-10:00 am	2.5-5	\$24	\$28
PS Level 1-2	T/Th	5:45-6:30 pm	2.5-5	\$24	\$28
PS Level 2	T/Th	10:00-10:45 am	2.5-5	\$24	\$28
PS Level 2-3	T/Th	5:30-6:15 pm	2.5-5	\$24	\$28
PS Level 3	T/Th	10:45-11:15 am	2.5-5	\$24	\$28

Play Group | Tuesday 12:15-1 pm

Offered each week during summer sessions

Must be scheduled and registered at least 24 hours in advance with Gayle 972-919-8756.

Parent must be in the gym with child(ren).
Ages from 18 months to 6 years.

\$50 per group; 1-15 children per group

Gymnastic Camp

This exciting camp will expose young athletes to the sport of gymnastics. Develop skills, techniques, and learn new elements while having fun. Instructor: Gayle Shank

Session	Time	Age	Day	Member	Non-Member
<u>Pre-school Level 1-4</u>					
June 27-30	9:30 am-11:30 am	3-5	MTWTH	\$60	\$64
July 25-28	9:30 am-11:30 am	3-5	MTWTH	\$60	\$64
<u>Level 1-6 & Kindergym</u>					
June 27-30	12:00 pm-2:30pm	5-13	MTWTH	\$70	\$74
July 25-28	12:00 pm-2:30pm	5-13	MTWTH	\$70	\$74

Parents do not have to remain at facility while their child is participating in camp.
Water bottle and a small snack will be provided each day (child is welcome to bring their own).

Community Recreation Center

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Soccer Camp June 13-16

Cost: \$50 Member/\$54 Non-member
Ages: 6-16
Instructor: Vincent Jovel
Barney Wood Complex

Join us for a four-day soccer camp at the Barney Wood Athletic Complex next to the Farmers Branch Community Recreation Center. Creekview Soccer Coach Vincent Jovel teaches the fundamentals of soccer and will help participants improve their skills.

Monday-Thursday 9-11 am

Red Tiger Karate

Cost: \$56 Member/\$60 Non-member per session
Ages: 5 and up
Instructor: Red Tiger Karate
Session: June 7- August 9

Learn American Karate in this white through black belt program that runs year round. The junior program develops self-esteem, positive behavior, academic achievement, and respect for others. In addition to practicing karate techniques, abduction prevention training, and self-defense skills are integrated into the lessons.

Ages 5-7 **Tuesday 6-7 pm**
Ages 8-13 **Tuesday 7-8 pm**

Josey's Creative Movement Dance

Cost: \$25 Member/\$29 Non-member per month
Ages: 2-5
Instructor: Josey Benavidez

This class is perfect for allowing little ones to get in touch with their creativity and flexibility through the introduction of basic dance movements.

Saturday 9:30-10 am

Attire: Please wear comfortable dance clothes and jazz shoes.

Flag Football TECH Camp June 20-23

Cost: \$85 Member/\$89 Non-member
Ages: 6-12
Instructor: Bowmen Sports
Barney Wood Complex

The most inclusive Flag Football curriculum available for elementary age players. It is a combination of QB skills clinic and a traditional flag football program. This clinic teaches players the basics and more. Players will memorize plays, routes and become familiar with football formations.

Monday-Thursday 8-11 am

Grow, Music, and Dance by Amy

Cost: \$40 Member/\$44 Non-member per month
Ages: 3-10
Instructor: Amy Zercher

Classes focus on age-appropriate technical skills involving basic and intermediate Ballet, Tap, Hip-Hop and Jazz.

Pre-School Ballet & Tap

Ages 3-5

**Wednesday 5:30-6:15 pm or
Saturday 10-10:45 am**

Ballet & Tap

Ages 6-10

Wednesday 6:15-7 pm

Hip Hop & Jazz

Ages 6-10

Saturday 10:45-11:30 am

Attire: Leotard, tights, and dance shoes are recommended.



Community Recreation Center

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YOUTH

Soccer Tots

Cost: \$40 Member/\$44 Non-member per month

Ages: 3-5

Instructor: Tony Cavalle

Soccer Tots is designed to develop soccer skills in children who are ready to embrace the sport. Emphasis is put on individual soccer skills, ball control, and concept of the game. Our goal is to accelerate soccer development, prepare kids for league play, and to have fun!

Classes held on football field next to Recreation Center.

Thursday 10-10:45 am

Kids Yoga

Cost: \$30 Member/\$34 Non-member per month

Ages: 3-11

Instructor: Shoshana McIntosh

Kids Yoga introduces yoga in a fun, safe, and encouraging setting. Through games, songs, music, and stories, children will have the opportunity to learn skills including proper breathing techniques, yoga poses, relaxation, and even how to interact and support each other.

Thursday 5-6 pm

Rookies

Cost: \$33 Member/\$37 Non-member per month

Ages: 4-6

Instructor: Bowmen Sports

An exciting way for your child to learn the basics of t-ball, basketball, soccer, and more. Your child will enjoy this fun and non-competitive environment.

Thursday 5:30-6:15 pm

Preschool Play and Learn

Cost: \$25 Member/\$29 Non-member per month

Ages: 3-5

Instructor: Tammy Bruner

Preschoolers will use exciting hands-on activities to learn mathematical and literature skills along with music and story time. A \$5 supply fee will be paid to the instructor at the beginning of each month. If your child is registered for Preschool Arts and Crafts and Play and Learn, your child can stay with the instructor from 10 am to 12 pm.

Friday 11:15-12 pm

1st Down Tots

Cost: \$40 Member/\$44 Non-member per month

Ages: 3-5

Instructor: Tony Cavalle

1st Down Tots is a development program that uses a variety of fun games to engage children while teaching the sport of football and developing fundamental skills. The goal is to build fitness, muscle coordination, and a love of the game. There is no tackling or blocking at this level.

Classes held on football field next to Recreation Center.

Thursday 11-11:45 am

Soccer Essentials

Cost: \$25 Member/\$29 Non-member per month

Ages: 4-12

Instructor: Vincent Jovel

This is a great class for beginner soccer players. Your child will get a real "kick" out of learning the fundamental skills of soccer with Coach Vincent.

Monday 5:30-6:30 pm

Basketball TECH

Cost: \$33 Member/\$37 Non-member per month

Ages: 7-12

Instructor: Bowmen Sports

This super-fun fast-paced clinic is designed for players of all skills and abilities. Program time focuses on dribbling, passing, shooting, and team play. This is a skill-based program which utilizes drills and games as a way to reinforce skills learned in class.

Thursday 6:30-7:30 pm

Preschool Arts and Crafts

Cost: \$25 Member/\$29 Non-member per month

Ages: 3-5

Instructor: Tammy Bruner

Preschoolers will create simple arts and crafts projects. A \$5 supply fee will be paid to the instructor at the beginning of each month. If your child is registered for Preschool Arts and Crafts and Play and Learn, your child can stay with the instructor from 10 am to 12 pm.

Friday 10-10:45 am

Flex Fitness

Whether you are looking for the fun of Zumba or the challenge of Fit 101, we offer a flex fitness class that meets your needs. Best of all, these fitness classes are included at no cost with your fitness membership!

Yoga

Develop strength and flexibility while finding relaxation and balance of mind and body. This is an active yoga class for all levels. This class explores basic to advanced poses. Class limited to 20 participants.

Monday 5:30-6:30 pm

Wednesday 7:30-8:30 pm

Cardio N Tone

Sculpt your hips, thighs, abdomen, and upper body with a variety of aerobics, weights, floor work, and yoga like stretching. Class limited to 25 participants.

Mon/Wed/Thurs 9:30-10:30 am

Indoor Cycling

This indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance. Class limited to 12 participants.

Tues/Thurs 6-7 pm

Saturday 9-10 am

Fit 101

A series of exercise classes designed and taught by a certified trainer to encourage and motivate while strengthening the heart muscle, increasing fitness levels and shaping bodies. Class limited to 16 participants.

Tues/Thurs 6:30-7:30 pm

Zumba

Dance your way to fitness! Zumba is a fusion of Latin and international music that includes dance movements of meringue, salsa, cumbia, reggaeton, hip hop, and more. You don't have to know how to dance to Zumba! Class limited to 25 participants.

Mon/Wed/Thurs 6:30-7:30 pm

Saturday 9:30-10:30 am

Fitness membership is required to participate in flex fitness classes at no additional cost.

Punch cards are available for purchase for non-fitness members. Punch cards are valid for any flex fitness class and expire one year from purchase date. A 5-class punch card is \$30 and a 10-class punch card is \$60.

Community Recreation Center

972.247.4607

ADULT

Coalition Fitness and Performance

The CFP team is results driven whether your personal goal is weight loss, performance enhancement, post rehabilitation, or injury reconditioning. Time and effort spent working with CFP trainers will translate into desired results and newly-found abilities.

Group Training

Cost: \$89 Member/\$93 Non-member per month
Ages: 15 and up

CFP group training considers the limitations of participants. As a result, your body will get stronger, your cardiovascular fitness will improve, and you will see your body change.

Mon/Wed/Fri	6-7 am
Mon/Tues/Thurs	8:30-9:30 am
Mon/Wed/Thurs	6:30-7:30 pm
Saturday	8-9 am

Semi-Private Training

Cost: \$125-\$240 Member/\$129-244 Non-Member per month
Ages: 15 and up

Similar to that of traditional training with a personal trainer, our semi-private groups offer personalized training programs in a small group setting with 2-5 participants.

Contact Sean Callahan at 214.300.9301 to schedule dates and times after registration.

1 x week	\$125 Member/\$129 Non-member
2 x week	\$197 Member/\$201 Non-member
3 x week	\$240 Member/\$244 Non-Member

Belly Dancing

Cost: \$35 Member/\$39 Non-member per month
Ages: 16 and up
Instructor: Tonya Parrish

Immerse yourself in this ancient and exotic art form while improving flexibility, muscle tone, and learning the basic techniques for group and solo dance.

Tuesday 6:30-7:30 pm

50+ Fitness

Cost: \$32 Member/\$36 Non-member per month
Ages: 50 and up
Instructor: Kristin Miller

Participants 50 and up will have fun and learn about exercise routines including flexibility, strength and cardiovascular exercises. This class will leave participants feeling stronger, refreshed, and motivated.

The Vary 8 Method

Cost: \$51.50-\$151 Member/\$54.50-\$155 Non-member per session
Ages: 18 and up

Instructor: Meghan Henderson

Session: May 9-July 1
July 11-September 2

This innovative eight-week program uses fitness formats trending in the world of fitness, incorporating elements of boot camp, kickboxing, tabata, pilates, strength training, HIIT, dance, barre method, and more. These unique classes will keep workouts fresh and delivering results. No two classes are ever the same.

Mon/Wed/Fri 5:45-6:45 am
2x week \$101 Member/\$105 Non-member
3x week \$121 Member/\$125 Non-member

Tues/Thurs 8-9 pm
1x week \$50.50 Member/\$54.50 Non-member
2x week \$101 Member/\$105 Non-member

Unlimited classes per week \$151/\$155

Intro to Weight Machines Class

Cost: \$40 Member/\$44 Non-member per month
Ages: 18 and up
Instructor: Cynthia Fritz

At the conclusion of this four-day class, participants will have detailed knowledge of all fitness weight machines, personal machine settings, knowledge of cardio equipment, and personalized program tips for injuries and health concerns. The class is held the first week of each month and is limited to 5 participants.

Mon-Thurs 9-9:55 am

Parenting the Love and Logic Way™

Cost: \$40-50 Member/\$44-54 Non-member per Session
Ages: 18 and up
Instructor: Elaine Commins
Sessions: Beginning in September

With positive, loving tools for raising happy and well-behaved kids, the Love and Logic approach provides a variety of effective approaches for parenting children.

Monday 6:30-8 pm

\$40 member/\$44 non-member per person
\$50 member/\$54 non-member per couple

Additional Workbook fee paid to the instructor: \$10



Fitness Calender

Flex Fitness Classes*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio N Tone 9:30-10:30 am	Indoor Cycling 6-7 pm	Cardio N Tone 9:30-10:30 am	Cardio N Tone 9:30-10:30 am		Indoor Cycling 9-10 am
Yoga 5:30-6:30 pm	Fit 101 6:30-7:30 pm	Zumba 6:30-7:30 pm	Indoor Cycling 6-7 pm		Zumba 9:30-10:30 am
Zumba 6:30-7:30 pm		Yoga 7:30-8:30 pm	Fit 101 6:30-7:30 pm		
			Zumba 6:30-7:30 pm		

*Flex Classes are Included with your Fitness Membership

Fee Based Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vary 8 5:45-6:45 am	Coalition 8:30-9:30 am	Vary 8 5:45-6:45 am	Coalition 8:30-9:30 am	Vary 8 5:45-6:45 am	Coalition 8-9 am
Coalition 6-7 am	50+ Fitness 10-11 am	Coalition 6-7 am	Intro to Weight Machines 9-9:55 am	Coalition 6-7 am	
Coalition 8:30-9:30 am	Belly Dancing 6:30-7:30 pm	Coalition 6:30-7:30 pm	50+ Fitness 10-11 am	Vary 8 8-9 pm	
Intro to Weight Machines 9-9:55 am	Vary 8 8-9 pm		Coalition 6:30-7:30 pm		
Coalition 6:30-7:30 pm			Vary 8 8-9 pm		

Open Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Volleyball 9:30-11:30 am		Open Pickleball 11 am-1 pm

Free play basketball is available during operating hours unless otherwise noted.
Contact 972.247.4607 for additional information.

Personal Training

Community Recreation Center members may choose to have individualized training to meet their fitness goals. Each personal trainer will provide members with a personalized exercise regimen that promotes a healthier lifestyle and delivers results. Personal training sessions are \$50 per hour. Discounts are given when training session packages are purchased. Call staff at 972.247.4607 for more information. Our personal trainers are:

Cynthia Fritz
972.922.3482
cynthia@seniorstylefitness.com

Kristin Miller
214.354.8053
workoutwithkristin@yahoo.com

Sean Callahan
214.300.9301
sean@teamcfp.com

Senior Center 50+

972.919.8740

The Senior Center offers over 80 different programs and activities monthly. Visit fbseniorcenter.com or [Facebook.com/farmersbranchseniors](https://www.facebook.com/farmersbranchseniors) for additional information and updates.

Groups

Clubs and groups meet on a weekly or monthly basis.

Random Acts of Kindness
Garden Group
Rose Group
80 Upper Club
Rock & Mineral Club
Cookin' Club
Conversations in Neglected History
Acrylic Painting Group
Tuesday Evening Craft Group
Needlecrafting Group
Quilting Group
Shared Moments
Alzheimer's Support Group

Drop-in Recreation

The game room is open during facility hours for open recreation such as cards, billiards, dominoes, board games or puzzles.

Five Crown
Thinkabilities
Duplicate Bridge
Party Bridge
"Squares" Card Game
Dominoes
Canasta
Cribbage
De-stress Coloring

Special Interest

Registration and fees may be required.

Dinner and Learn: Retirement Planning Strategies
AARP Tax Aide
Backyard Cookout
Monthly Breakfast
Birthday Lunch
Beginner and Intermediate Bridge Lessons
Beginning Mah Jongg Lessons
Texas Hold'em Tournament
Genealogy Trip to the Dallas Public Library
AARP Smart Driver Course
Spud and Show
Computer Classes
Spanish Classes
Billiards
Line Dance

Crafts

Registration and supply fee is required. Check the center's display cabinet for samples of each month's projects.

Greeting Cards
Crafting with Friends
Beginning and Intermediate Polymer Clay
Watercolor Painting
Decorative Painting
Jewelry Class
Specialty Crafts
Instructional Quilting

Health & Fitness

Fitness classes are free. Registration and fees may be required for health services and screening.

Stretch & Flex
Strong & Balanced
Power Walking
Yoga
Stretch & Strength
Pole Walking
Fitness Equipment Orientations
Fitness Room
B12 Shots
Blood Pressure and Glucose Screening
Chair Volleyball
Table Tennis
Not Your Mama's Exercise

Trips

Great trips are offered weekly with new trips posted every Friday at noon. Farmers Branch residents may register for trips the first week it is posted. Identification is required to prove Farmers Branch residency.

Non-residents may register for trips the following Friday at noon if space is available.

Cruisin' Cuisine
Cruisin' Cuisine REWIND

Check the website for more great trips!

Senior Center 50+

972.919.8740

Monday Night Dances

The Farmers Branch Senior Center is the place to be on Monday nights. Live music and friendly people make our Senior Center the best in the metroplex. Tickets are \$5 at the door and dances run from 7 to 9:20 p.m. Refreshments are served at intermission.

June 6	Swingin' Country	Country
June 13	Jim Baker	Ballroom
June 20	J.C. Tippet	Country
June 27	Jim Baker	Ballroom
July 4	Closed due to Independence Day	
July 11	Jim Baker	Ballroom
July 18	J.C. Tippet	Country
July 25	Dave Alexander	Ballroom
August 1	Swingin' Country	Country
August 8	Jim Baker	Ballroom
August 15	J.C. Tippet	Country
August 22	Dave Alexander	Ballroom
August 29	Southern Pride	Country



"Livin' the 50 Plus Lifestyle in the Branch"



Margaret Young Natatorium Hours

Monday and Wednesday

6-9 am	Lap swim and self-guided workouts
9:30-11 am	Age 50 years and up only
11 am-1pm	Lap swim and self-guided workouts
1-5 pm	Open swim (2-4 lap lanes available)
5-8 pm	Lap swim and scheduled classes

Tuesday and Thursday

6 am-1 pm	Lap swim and self-guided workouts
1-5 pm	Open swim (2-4 lap lanes available)
5-8 pm	Lap swim and scheduled classes

Friday

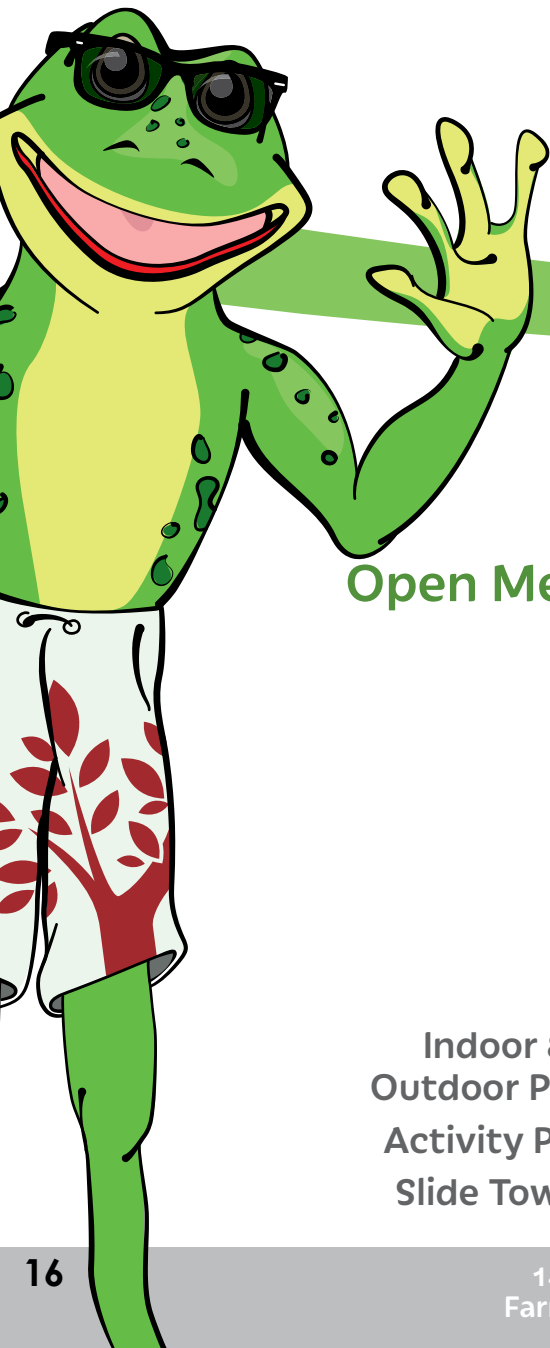
6-9 am	Lap swim and self-guided workouts
9:30-11 am	Age 50 years and up only
11 am-1pm	Lap swim, self-guided workouts, and scheduled classes
1-5 pm	Open swim (2-4 lap lanes available)

Saturday

7 am-12 pm	Lap Swim, self-guided workouts, and scheduled classes
12-5 pm	Open swim (2-4 lap lanes available)

Sunday

1-4 pm	Open swim (2-4 lap lanes available)
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Frog Pond

Open Memorial Day Weekend through Labor Day

Closed on days CFBISD is in session

HOURS

MONDAY - FRIDAY 12 - 8 pm

SATURDAY & SUNDAY 12-6 pm

*See page 17 for information on Toddler Time

AQUATICS CENTER FEATURES

Indoor &
Outdoor Pools
Activity Pool
Slide Tower

Lazy River
Lagoon Pool with
Tanning Ledge
Pavilions

Lap Pool
Therapy Pool
Swim Lessons
Party Rentals



FROG POND SEASON PASSES NOW AVAILABLE!

NEW THIS SUMMER

- Lower pricing for residents
- Special pricing for C-FBISD employees and those who work in Farmers Branch*
- Non-resident passes now available

*C-FBISD employees and those who work at a permanent location with the City of Farmers Branch may purchase passes and memberships, and rent facilities at the resident rate.

Resident Individual \$50

Non-Resident Individual \$80

Resident Family* \$130

Non-Resident Family* \$210

*Valid for up to four immediate family members. Each additional family member is \$10/resident and \$15/non-resident.

RIBBIT READING STORY TIME

Mondays June 6 – July 25*

9:30 - 10 am

*Excludes July 4

Followed by Toddler Swim Time
at the Activity Pool from 10 am - 12 pm

Admission Fees Apply; open to kids 9 and under



Frog Pond Fun Days!

The Aquatics Center is planning some exciting theme days, events, activities and other family-friendly happenings. Visit www.fbh2o.com for dates and details.

SUPER HERO DAY

WORLD'S LARGEST SWIM LESSON

SHARK WEEK

AND MORE!





Swim Lessons

The Farmers Branch Aquatics Center offers a variety of swim lessons for a wide range of ages and abilities. Below is a list of session dates, times, and prices. Not all levels are offered at all times. Refer to the online schedule at www.fbh2o.com or contact the Aquatics Center front desk at 972.919.8720 for details regarding swim lesson levels, inclement weather and refund policies, and additional information. All participants must be registered before entering swim area. Patrons not potty trained must wear a swim diaper.

Group Swim Lessons for ages 6 months to 12 years including Parent-Tot, Preschool, and Levels 1-4

Weekday lessons meet Monday-Thursday for two weeks, excluding July 4. Saturday Sessions meet once a week for four weeks. Ratio is 1 instructor to 5 students. Morning lessons are held outdoors in the Lagoon Pool and evening lessons are held indoors.

Group Swim Lesson Session Dates

Weekday Lessons

Session 1- June 6-16	Session 4- July 18-28
Session 2- June 20-30	Session 5- August 1-11
Session 3- July 5-14	

Saturday Lessons

June 4-25
July 9-30
August 6-27

Group Swim Lesson Session Times

Weekday Lessons

8:35-9:05 am	10:20-10:50 am	5:35-6:05 pm
9:10-9:40 am	10:55-11:25 am	6:10-6:40 pm
9:45-10:15 am	5-5:30 pm	

Saturday Lessons

10:10-10:40 am
10:45-11:15 am
11:20-11:50 am

Group Lesson Session Pricing

Aquatics Center members receive resident pricing

Weekday Lessons

\$40/resident*
\$53/non-resident*

Saturday Lessons

\$20/resident
\$27/non-resident

* July 5-14 session is prorated. Cost is \$35/resident and \$47/non-resident.

REGISTRATION START DATES

Weekday Lessons

Session	Residents	Non Residents
Session 1	May 23	May 25
Session 2	June 13	June 15
Session 3	June 27	June 29
Session 4	July 11	July 13
Session 5	July 25	July 27

Saturday Lessons

Month	Residents	Non Residents
June	May 23	May 25
July	June 27	June 29
August	July 25	July 27

Private Swim Lessons available for all ages (including adults)

A private lesson consists of one 30 minute 1-on-1 session with a swim instructor. Semi-private lessons are available upon request. Contact the Aquatics Center's front desk to schedule a private swim lesson or to obtain additional information.

Private Swim Lesson Pricing

Aquatics Center members receive resident pricing

\$40/resident per lesson
\$53/non-resident per lesson





Oh Baby! Fitness-H2O Baby

Cost: Register at ohbabyfitness.com

Ages: 18 and up

Instructor: Liza ter Kuile

You and your baby will love this challenging water workout. This action-packed aqua class lets you exercise in the water with your baby at your side. Mom focuses on aerobic conditioning and muscle strengthening while baby has floating fun! Flotation seats are provided for babies.

Thursday 11-11:45 am

Aqua Zumba

Cost: \$25 Member/\$29 Non-member per month

Ages: 12 and up

Instructor: Chris Francis

Splash your way into shape with this invigorating low-impact pool party. Enjoy cardio exercise without the sweat. Natural water resistance helps to tone muscles while getting a fun, energetic workout. Suitable for all fitness levels.

Mon/Wed 7:15-8 pm

Aqua Pilates Plus Cardio

Cost: \$15-30 Member/\$19-34 Non-member per month

Ages: 18 and up

Instructor: Linda Burbank

To improve core strength, balance, and flexibility. Relieve stress while stretching and toning. Class is done standing in chest deep water and based on the principles of pilates, yoga, and cardio.

Tues/Thurs 7-8 pm

\$30 Member/\$34 Non-member

Saturday 9-10 am

\$15 Member/\$19 Non-member

Water Aerobics Class

Cost: \$13-27 Member/\$17-31 Non-member per month

Ages: 18 and up

Instructor: Linda Burbank and Ann Ellis

Energize and maximize your health while exercising and having fun! Eliminate those extra pounds while helping your knees, hips and back. Increase your flexibility, range of motion, lean body mass, and metabolic rate with water exercise.

Mon/Wed 11 am-12 pm

\$27 Member/\$31 Non-member

Friday 11 am-12 pm

\$13 Member/\$17 Non-member

Water Works (50+)

Cost: \$15 members/ 8 class punch card

\$25 non-members/ 8 class punch card

Ages: 50 and up

Instructor: Rotha Crump (or qualified assistant)

Let the Water Work to benefit you with increased strength, balance, range of motion/flexibility and cardiovascular endurance. Participants will experience stress reduction. This 30 minute class is for every level, as the instructor will teach each exercise in levels. Let the ideal environment of water benefit your health and wellbeing.

Monday/Wednesday 9:30-10 am

Junior Lifeguarding

Cost: \$75 Resident/\$100 Non-Resident

Ages: 11-14

Instructor: TBA

Session: June 7 – July 26

This Junior Lifeguard program introduces participants to skills needed for entry to the American Red Cross Lifeguarding course. Participants will learn communication and decision-making skills, the basic responsibilities of a lifeguard and the basic knowledge and skills required to be a lifeguard. This program does not certify participants in American Red Cross Lifeguarding. Participants must pass a basic swimming skills test on the first day of class. Call the Aquatics Center for more information.

Tuesdays 1 – 3 pm



MAKE A SPLASH WITH YOUR NEXT BIRTHDAY BASH!



Book your Frog Pond party now!

\$150 birthday party packages available!

Pavilions

The Farmers Branch Aquatics Center has two large pavilions for rent. Rentals include picnic tables.

Fee (per hour)	Deposit
\$50 Resident	\$50
\$60 Non-Resident	\$50

Froggy Spot

A shade structure with picnic tables adjacent to the Activity Pool.

Fee (per hour)	Deposit
\$50 Resident	None
\$60 Non-Resident	None

After Hours

Rentals include full use of the rented facility, along with lifeguard staff to accommodate the party. A two hour minimum is required for after hour rentals. (Admission fees included)

Saturday and Sunday 6:30 - 8:30 p.m.

Fee (per hour)	Deposit
\$300 Resident	\$200
\$350 Non-resident	\$200

Call 972.919.8720 to book your party!

www.fbh2o.com



Historical Park

972.406.0184

Victorian Fencing

June 19

1-4 pm

Farmers Branch Historical Park
Free Admission

The Victorian Fencing Society will be offering free demonstrations on the lawn of the Queen Anne Victorian Cottage. Come and watch, learn, and practice the late 19th century art of swordplay with foils and sabres. Gentlemen and ladies of all ages, especially children, are encouraged to come and enjoy. No experience is necessary and safety equipment is provided.

30th Anniversary Celebration

July 8

7-11 pm (come & go)

Farmers Branch Historical Park
Free Admission

Help the Historical Park celebrate 30 years with family fun, a sweet treat, and star gazing. Bring your own picnic and enjoy a sweet treat provided by the Historical Park. Once the sun goes down the star viewing begins. Members of the Texas Astronomical Society of Dallas will provide a variety of telescopes available for viewing Saturn, Mars, Jupiter, the Moon, Globular Clusters of Stars, Open Cluster of Stars, Double Stars and Planetary Nebulae. In addition, participants are encouraged to bring their own telescopes.

Come Fly A Kite!

June 26 and July 24

12:30-5:30 pm

Farmers Branch Historical Park in the Meadow
Free Admission

Bring your own kite from home to the Farmers Branch Historical Park and a summer afternoon soaring in the Park's own meadow. Participating families will be given a small gift from the Park.

Vintage Base Ball

New matches of 1860s era base ball are being scheduled monthly! Visit FBVintageBaseBall.com to see where the Farmers Branch Mustangs will be playing next.

Step back in time at the Farmers Branch Historical Park!

Mark your calendars for a busy fall at the Farmers Branch Historical Park! From our Bloomin' Bluegrass Festival to our Murder & Mayhem Tours: we'll have something for everyone. Historical demonstrations will resume in the autumn with everything from Victorian Fencing to Pioneer Gardening. For a full listing of open houses, weekend activities, and historical demonstrations at the Historical Park visit FBHistoricalPark.com or call 972.406.0184.



Athletics

Farmers Branch Parks and Recreation co-sponsors a variety of youth and adult sports leagues. For information regarding these leagues contact the league representative listed below.

Field Conditions Hotline: 972.919.1455 and Twitter @fbtxsport. For additional information, contact the Athletics Coordinator at 972.919.8755.

Youth Leagues

Youth Volleyball

Carrollton Athletics
972.466.9833
www.teamsideline.com/carrollton

CFB Baseball, T-Ball, and Blast Ball League

Rodney Johnson
214.912.4409
www.cfbba.com

CFB Soccer Association

Soccer Office
972.245.9307
www.cfbsa.org

CFB In-line Hockey League

Tony Martin
469.464.7791
www.leaguelineup.com/cfbhockey

Youth Basketball

Carrollton Athletics
972.466.9833
www.teamsideline.com/carrollton

Farmers Branch Football & Cheerleading Association

Jessica Hernandez
214.434.7497
www.leaguelineup.com/fbyfca

Farmers Branch Barracudas Swim Team

Donna Hudson
469.774.4698
www.fbbarracudas.org

CFB Girls' Softball Association

Scott Larkin
president@cfbgirlssoftball.com
www.cfbgirlssoftball.com

Adult Leagues

Adult Softball League

27 Seventeen Sports
www.quickscores.com/fbsoftball
27seventeensports@gmail.com
972.999.7180

Adult Flag Football League

Mixed Breed Football
www.mixedbreedfootball.com
214.714.2961

Open Volleyball

Margaret Young
972.247.0634

Mustangs Vintage Base Ball

Historical Park
972.406.0184

Senior Softball

Don Couch
972.416.6039

Pickleball

Jackie James
jj9806@gmail.com



2016 SUMMER SEASON

June 5 - August 14

No Games Played June 19 & July 3

Registration Deadline May 22

Recreational fun for all skill level players

Games played Sunday afternoons

\$375 per team

Space limited to 8 teams per division

Players must be 18 or older and out of high school

Farmers Branch Community Recreation Center • 14050 Heartside Place, Farmers Branch, TX 75234

Rentals: Parties, Meetings, Weddings, and more!

Community Recreation Center

The Farmers Branch Community Recreation Center offers rental space for a variety of events. Whether you are planning a wedding reception, baby shower, birthday party, corporate function, or anything in between the Recreation Center can meet your needs. Amenities include audio-visual equipment, tables and chairs, a warming kitchen, and more. Theme parties for children include art, gymnastics, dance, and sports. For rental rates and information, contact the Recreation Center at 972.247.4607.

Park Pavilions



Farmers Branch has two park pavilions available for events. Rentals at the Farmers Branch Park Pavilion include the pavilion area with eight picnic tables and two large grills. Playground equipment, park space, and restrooms are open to the public. There is a \$30 refundable deposit. Rental fees are \$15/hour for Farmers Branch residents and businesses and \$20/hour for non-residents. Two-hour minimum applies. Rentals at the Gussie Field Watterworth Park Pavillion include the pavilion area with 11 picnic tables and two large grills. Playground equipment, park space, basketball courts, tennis courts, and restrooms are open to the public. There is a \$100

refundable deposit. Rental fees are \$25/hour for Farmers Branch residents and businesses, and \$35/hour for non-residents. Four-hour minimum applies. For additional information, contact the Parks and Recreation Department at 972.919.2620.

Rose Garden at Gussie Field Watterworth Park

The Rose Garden at Gussie Field Watterworth Park is operated by the City of Farmers Branch as a division of the Parks and Recreation Department. Due to the changing nature of the garden the City is not able to guarantee or predict when the roses are in bloom. In planning your function, we hope you will explore the beautiful garden and have a most successful wedding, reception, luncheon, tea, or party. We encourage rental activities that are consistent with the variety and beauty of the site. Rental of the garden includes electricity and a beautiful setting to create your unique event. All rentals at the garden are of a non-exclusive nature rental of the garden does not mean exclusive use of the entire garden area or surrounding park areas. For additional information regarding rental rates and regulations, contact the Parks and Recreation Department at 972.919.2620.



Historical Park

The Historical Park is a wildly-popular wedding and reception venue. The Park is also a frequently-used site for engagement and family photos. Facilities available to rent are the 1890's Church, 1937 Dodson House, Gazebo, Rose Garden within the Historical Park, and the site grounds. There are different photo and rental package options. Fees vary depending on package and residency status. For additional information, contact the Historical Park at 972.406.0184.

Aquatics Center



The Farmers Branch Aquatics Center has a 480 square foot indoor party room that is available for rent, year round. The party room includes tables and chairs. The Aquatics Center also has two large outdoor pavilions for rent, year round. Both the Margaret Young Natatorium and the Frog Pond are available for after hours rentals. Rentals include full use of the rented facility, along with lifeguard staff to accommodate the party. For rental rates and information or reservations, contact Aquatics Center staff at 972.919.8720 or at the front desk in the Margaret Young Natatorium.

Rotary Playground at Gussie Field Watterworth Park is a brand new all-inclusive playground that is handicap accessible so that children of all abilities can play together.



City in a Park		Acres	Rec Center	Ball Fields	Basketball	Exercise Course	Playground	Soccer Fields	Tennis	Drink Fountain	Lake	Picnic Area	Restrooms	Football Field	Jog/Walk Path	Horseshoes	Benches	Landscape	Undeveloped	Museum	Creek	Grills	Shelter	Rose Garden	Shuffleboard	Skate Park	Petanjque	Roller Hockey	Outdoor Pool	Natorium	
Alpha Rd Mini Park • 4009 Alpha Rd	0.30																		•												
Bicentennial Park • 4551 Spring Valley Rd	0.50																		•												
Bill Cox Memorial Park • 13500 Dennis Lane	5.00							•		•				•																	
Chapel View Plaza • 3062 Valley View Lane	0.23																	•	•												
Creek Ridge Park • 12696 Webb Chapel	3.00																			•		•									
Denton Rd Mini Park • 12611 Denton Road	0.50																			•											
Don Showman Park • 14032 Heartside Place	10.0	•	•	•				•		•			•	•	•	•		•	•				•	•			•			•	•
Dutch Village Park • 3020 Old North	1.40			•				•		•			•					•					•	•	•						
Farmers Branch Park • 13985 Dennis Lane	14.0		•					•	•	•			•	•	•	•		•				•	•								
Ford Road Park • 12490 Ford Road	3.00																		•		•				•						
Gussie Field Watterworth Park • 2610 Valley View Ln	12.0			•				•		•	•	•	•	•		•	•	•	•			•	•	•	•	•		•			
Historical Park • 2540 Farmers Branch Lane	27.0									•			•	•		•	•	•		•	•			•	•						
Holiday Park • 4045 Valley View Lane	5.00																	•		•					•						
Jaycee Park • 14229 Dennis Lane	4.30		•	•				•		•			•	•		•		•	•			•			•						
John Burke Nature Preserve • 1199 Valley View Ln	104											•				•		•			•										
Kerr Park • 13226 Kerr Trail	1.50			•				•		•	•					•		•	•						•						
Liberty Plaza • 12400 N. Stemmons Freeway	2.50															•		•	•			•			•						
Mallon Park • 2840 Millwood Drive	4.00							•		•	•	•				•		•	•		•				•						
Morningstar Park • 3600 Morningstar Lane	1.30							•		•			•					•	•			•	•	•							
Mustang Trails Park • 3200 Valley View Lane	2.30																		•			•									
Oakbrook/Ken Rymer Park • 3550 Oakbrook Pkwy	10.0									•	•					•		•	•												
Oran Good Park • 13411 Dennis Lane	10.0		•					•		•	•		•	•		•		•	•		•	•	•	•					•		
Pepper Park • 13301 Dennis Lane	4.00		•						•	•	•		•	•				•				•									
Rawhide Park • 13701 Rawhide Pkwy	20.0					•		•		•						•		•	•			•			•						
Squire Park • 2560 Squire Place	1.50			•				•		•			•					•	•				•	•	•						
Temple Trails Park • 12800 Templeton Trail	6.40							•		•	•		•			•		•			•	•									
Webb Chapel Mini Park • 14425 Webb Chapel	0.20																	•	•					•							
Winn Park • 13880 Midway Road	5.00									•	•	•				•		•	•												